



Healthy Carbs – Serving Sizes

- EVERYDAY
- Acorn squash – 1/4 cup
  - Adzuki beans - 1/4 cup
  - Barley, cooked – 1/4 cup
  - Beets – 1/4 cup
  - Black beans – 1/4 cup
  - Blackberries – 1/4 cup
  - Blueberries – 1/4 cup
  - Brown rice, cooked – 1/4 cup
  - Butternut squash – 1/4 cup
  - Cannellini beans – 1/4 cup
  - Garbanzo beans (chickpeas) - 1/4 cup
  - Grapefruit – 1/4 fruit
  - Hummus – 2 tbsp
  - Kidney beans – 1/4 cup
  - Kabocha squash – 1/4 cup
  - Lentils – 1/4 cup
  - Navy beans 1/4 cup
  - Northern beans 1/4 cup
  - Raspberries – 1/4 cup
  - Steel cut oats, cooked – 1/4 cup
  - Strawberries – 1/4 cup
  - Sweet potato – 1/4 cup
  - Turnips, boiled – 1/4 cup
  - Pinto beans – 1/4 cup
  - Potato, boiled – 1/4 cup
  - Quinoa, cooked – 1/4 cup
  - Peas – 1/4 cup
  - Peach – 1/2 fruit
  - Parsnips boiled – 1/4 cup

- FEW TIMES PER WEEK OR LESS
- Apple – 1/2 fruit
  - Banana – 1/2 fruit
  - Beer – 3 ounces or 1/4 bottle/can
  - Cantaloupe melon – 1/2 cup
  - Honeydew melon – 1/2 cup
  - Pear – 1/2 fruit
  - Plum – 1 fruit
  - Kiwi – 1/2 fruit
  - Mango – 1/4 cup
  - Orange – 1/2 fruit
  - Pasta, gluten free, cooked – 1/4 cup
  - Pineapple – 1/4 cup
  - Plantain, cooked – 1/4 cup
  - Nectarine – 1/2 fruit
  - Watermelon – 1/2 cup
  - Wine – 2 ounces



Diet Plan

BREAKFAST

- 1 SERVING PROTEIN
- 1 SERVING FAT
- 1 SERVINGS CARBS

LUNCH

- 1 SERVING PROTEIN
- 1 SERVING FAT
- 2 SERVINGS CARBS

DINNER

- 1 SERVING PROTEIN
- 1 SERVING FAT
- 3 SERVINGS CARBS

MID-MORNING AND MID-AFTERNOON SNACKS FOODS FROM UNLIMITED LIST

Healthy Proteins  
Serving Sizes all should equal 4-6 ounces  
uncooked unless otherwise specified

- EVERYDAY
- Beef, Lean grass fed
  - Beef, Lean ground
  - Black cod / sablefish
  - Chicken breast
  - Cod
  - Protein Powder, Vegetable based- 1 serving
  - Sardines
  - Shrimp
  - Turkey breast
  - Turkey, Lean ground
  - Wild Alaskan salmon
  - Rainbow trout
- SEVERAL TIME PER WEEK OR LESS
- Crab
  - Turkey bacon – 3 pieces
  - Oysters
  - Canadian bacon – 3 pieces
  - Coconut yogurt, Nonfat unsweetened – 1 cup
  - Ham, lean
  - Lamb
  - Pork chop
  - Pork loin, lean
  - Lobster

Healthy Fats – Serving Sizes

- EVERYDAY
- Almonds – 21 almonds = 1/4 cup = 3/4 ounce
  - Almond butter – 2 tbsp
  - Avocado – 1/3 medium
  - Chia seeds – 2 tbsp or 3/4 ounce
  - Coconut milk beverage, unsweetened – 1 cup
  - Extra Virgin Olive Oil - 1 tbsp
  - Flax seeds – 2 tbsp or 3/4 ounce
  - Grape seed oil – 1 tbsp
  - Guacamole – 3 tbsp
  - Sunflower seeds - 2 tbsp or 3/4 ounce
  - Walnuts – 1/4 cup or 3/4 ounce
  - Pumpkin seeds - 2 tbsp or 3/4 ounce
  - Olives – 1/2 cup
  - Pistachios, unsalted and shelled – 1/4 cup or 3/4 ounce
  - Macadamia oil – 1 tbsp
  - Macadamia nuts – 1/4 cup or 3/4 ounce
  - Hemp seeds – 2 tbsp or 3/4 ounce
- FEW TIMES PER WEEK OR LESS
- Brazil nuts- 1/4 cup or 3/4 ounce
  - Butter – 1 tbsp
  - Canola oil – 1 tbsp
  - Coconut, shredded unsweetened – 2 tbsp
  - Coconut oil – 1 tbsp
  - Ghee (clarified butter) 1 tbsp
  - Sesame oil, toasted – 1 tbsp



UNLIMITED FOODS

Have as much as you want whenever you want for meals or snacks. Plan to get 1/2 of a plate of vegetables with your lunch and dinner. Be sure to have some dark leafy greens for at least one of these.

- |                  |                    |                  |
|------------------|--------------------|------------------|
| Alfalfa sprouts  | Daikon             | Radishes         |
| Arugula          | Eggplant           | Red leaf lettuce |
| Artichoke        | Endive             | Red peppers      |
| Artichoke hearts | Escarole           | Romaine lettuce  |
| Asparagus        | Fennel             | Rutabaga         |
| Baby bok choy    | Garlic             | Scallions        |
| Baby corn        | Ginger             | Snow peas        |
| Bamboo shoots    | Green beans        | Spaghetti squash |
| Bean sprouts     | Green leaf lettuce | Spinach          |
| Bok choy         | Green onions       | Summer squash    |
| Broccoli         | Green peppers      | Swiss chard      |
| Brussels sprouts | Jicama             | Tomato           |
| Butter lettuce   | Kale               | Tomatillos       |
| Cabbage          | Kohlrabi           | Turnip greens    |
| Carrots          | Leeks              | Water chestnuts  |
| Cauliflower      | Lemon juice        | Watercress       |
| Celery           | Lime juice         | Zucchini         |
| Celery root      | Mushrooms          |                  |
| Chicory greens   | Okra               |                  |
| Collard greens   | Onions             |                  |
| Crookneck squash | Pea pods           |                  |
| Cucumber         | Pumpkin            |                  |
|                  | Radicchio          |                  |



FOODS TO AVOID

- |                          |                            |
|--------------------------|----------------------------|
| ALBUMEN                  | MALTODEXTRIN               |
| CASEIN                   | MILK                       |
| CHEESE                   | MODIFIED VEGETABLE PROTEIN |
| CORN FLOUR               | MSG                        |
| CORN STARCH              | NATURAL FLAVORS            |
| CORN SYRUP               | SODIUM CASEINATE           |
| CORN SYRUP SOLIDS        | SOY PROTEIN                |
| DEXTROSE                 | SOY PROTEIN ISOLATE        |
| EGG                      | SUGAR                      |
| EGG WHITE                | WHEAT                      |
| EGG YOLK                 | WHEY PROTEIN               |
| FRUCTOSE                 | WHEY PROTEIN ISOLATE       |
| GLUTEN                   | WHOLE WHEAT                |
| HIGH FRUCTOSE CORN SYRUP |                            |

For your specially formulated AM and PM tonics, take this quiz:  
[www.adrenalquiz.com](http://www.adrenalquiz.com)

# YOUR GUIDE TO THRIVING!



## the adrenal → reset ← diet

When our bodies shift into survival mode, we gain weight. Survival mode also disrupts sleep and raises our reactions to stress. Processed foods, pollutants, and the pressures of daily life trigger this physiologic pattern. Typical weight loss efforts like eating less and exercising more only make the problem worse. By cycling carbohydrates, repairing our circadian rhythms and raising our mental clarity, we can make ourselves resistant to survival mode, lose weight, and thrive!

9 am

Noon



Salad

Mini  
Vacation

3 pm



Veggies



PM Tonics

6 am



Exercise  
AM Tonic  
Shake



Stir Fry

6 am

## START TODAY MENU PLAN



**BREAKFAST = RESET SHAKE.**

SHAKE WITH 10 OZ OF COLD WATER

RESET SHAKE - 1 SERVING



**LUNCH = MIXED SALAD**

1 PALM-SIZED PIECE OF SALMON OR CHICKEN  
UNLIMITED GREENS  
LOW STARCH VEGGIES AS IN SNACK LIST  
1/2 CUP KIDNEY OR GARBANZO BEANS  
1 TABLESPOON OLIVE OIL, VINEGAR AS NEEDED  
(SEE UNLIMITED AND AVOID LIST ON THE BACK)



**DINNER = STIR FRY**

4-6 OUNCES LEAN BEEF OR CHICKEN  
UNLIMITED VEGGIES  
3/4 CUP COOKED BROWN RICE OR QUINOA  
TAMARI SOY SAUCE  
GINGER & GARLIC  
1 TABLESPOON TOASTED SESAME OIL

Relaxation  
Wind Down  
Dim Lights

9 pm



3 am

Psychological  
Repair



Physical Repair

zzzzzz Sleep zzzzzz

Midnight